

## Safety Checklist for Maintenance and Cleaning of Weightlifting Gym and Equipment



### **Facility**

#### **Flooring**

1. Inspected maintained and cleaned weekly
2. Platforms free of splinters, holes, protruding nails and screws
3. No moisture or chalk accumulation
4. Mats free of tears and arranged so as not to represent a safety hazard
5. Fixed equipment attached securely to the floor

#### **Walls**

1. Wall surfaces cleaned as required.
2. Walls free of protruding apparatuses
3. Mirrors, shelves notice boards securely fixed to walls
4. Mirrors and windows cleaned regularly
5. Mirrors placed a minimum of 51 cm off floor
6. Cracked or broken mirrors or glass replaced immediately

#### **Ceilings**

1. All ceiling fixtures cleaned and dusted regularly
2. Guttering cleaned 3 regularly

#### **Environmental Factors**

1. Volume of stereo system set low enough to allow clear communication
2. between coach and lifter, spotter and lifter
3. Ventilation systems working properly.
4. Facility well lit and free of dark areas
5. Exit sign well lit
6. Extension cords routed, secured and grounded and large enough for
7. electrical load
8. All safety, regulation and policy signs posted in clear view
9. Heaters maintained and serviced regularly.

### **Equipment**

#### **Lifting Platforms**

1. Platform has 90 – 120 cm of perimeter space for safety

2. All equipment returned to storage after use
3. Bases of squat racks secure and level
4. Olympic bars rotate properly and are, maintained and lubricated and
5. tightened
6. Bent bars replaced, knurling free of debris
7. Collars functioning
8. Sufficient chalk available to lifters
9. Wrist straps, belts, knee wraps available and stored properly
10. Benches, chairs and boxes kept a safe distance from platforms
11. Areas kept swept to remove chalk and debris
12. Ceiling space sufficient for overhead lifts and free of lowhanging apparatuses.

### **Free weight area**

1. Proper spacing of racks and weight standards to allow access at all
2. times
3. All equipment returned after use to avoid obstruction
4. Safety equipment used and returned
5. Protective padding free of cuts and tears
6. Workout surfaces that contact human skin cleaned and disinfected
7. daily
8. Securing bolts and apparatus parts tightly fastened
9. Non functional or broken equipment removed or locked out of service

### **Stretching Area**

1. Mats free of weights, benches and equipment
2. Mats free of tears
3. No gaps between mats
4. Area swept and disinfected daily
5. Stretching sticks, medicine balls and Swiss balls properly stored after use

### **Resistance machine area**

1. Easy access to each workstation
2. Area free of loose bolts, screws, cables and chains
3. Proper pins used
4. Securing straps functional
5. Parts and surfaces properly lubricated and cleaned 2 – 3 times pw
6. Protective padding free of cracks or tears
7. Surfaces that contact human skin cleaned and disinfected daily
8. All parts smooth functioning and lubricated regularly
9. No protruding screws, or parts that need tightening or removal
10. Belts, chains and cables aligned with machine parts
11. No worn parts (frayed cables, loose chains, worn belts, cracked joint screws.

### **Body weight resistance apparatus**

1. Apparatus properly lubricated
2. Surfaces that contact human skin cleaned and disinfected daily
3. Protective padding free of cracks or tears
4. Securing straps and apparatus functional
5. Properly padded floor areas around plyometric boxes.

### **Cleaning Supplies**

- Disinfectant
- Window cleaner
- Lubrications sprays
- Cleaning sprays
- Spray bottles
- Paper towels
- Cloth towels and hand rags
- Sponges
- Broom and dust pan
- Vacuum cleaner
- Vacuum cleaner bags
- Mop and bucket
- Gum and stain remover
- Items locked in cabinet, inventoried and replenished weekly

### **Maintenance supplies**

- File
- Hammer
- Pliers (standard and needle nose)
- Screwdrivers (standard and Phillips)
- Allen wrench set
- Crescent wrench
- Rubber mallet
- Carpet knife
- Cable splicer parts and appropriate tools
- Chain splicer and appropriate tools
- Heavy duty stapler
- Nut, bolts, nails, screws in various sizes
- Heavy duty glue
- Transparent tape
- Masking tape
- Duct tape
- Drill and drill bit set
- Lubricant spray
- Socket set
- Vise grips

## **Daily**

1. Inspect all flooring (carpet wood, rubber mats, lifting platforms for damage and wear
2. Clean and disinfect drinking fountain
3. Inspect fixed equipments connection to the floor
4. Clean and disinfect surfaces that contact skin
5. Inspect mirrors for damage
6. Inspect all equipment for damage, wear, loose or protruding bolts or screws, cables, chains, insecure or non functions straps, improper use
7. of pins attachments or other apparatus.
8. Inspect all protective padding for cracks and tears
9. Inspect non slip material and mats for proper placement, damage and wear
10. Remove trash and garbage
11. Clean light covers, fans, air vents, clocks and speakers
12. Monitor sound levels
13. Monitor air circulation
14. Monitor illumination levels
15. Ensure safety, regulation and policy signage is posted
16. Ensure that equipment is properly returned and stored after use.

## **Two to three times per week:**

1. Clean and lubricate guide rods on machines

## **Twice per week**

2. Inventory and replenish cleaning and maintenance supplies

## **One per week**

3. Clean all flooring
4. Clean and disinfect upholstery
5. Clean ceiling fixtures and attachments
6. Clean mirrors
7. Clean windows
8. Clean and lubricate moving parts of all equipment

## **As Needed**

- Replace light bulbs
- Clean walls
- Replace damaged or missing tiles
- Clean roof gutters, pipes and ducts
- Remove broken equipment
- Resupply chalk boxes
- Clean bar knurling
- Monitor humidity levels
- Monitor air circulation
- Clean rust from floor, plates, bars and equipment

*\*adapted from vicweightlifting.com*